

Flax Blueberry Muffins

Topping:

1/3 cup quick oats
1/4 cup brown sugar
1/4 cup pecans, (or walnuts) finely chopped
1/4 tsp cinnamon
3 tbsp margarine or butter (melted)
2 tbsp all purpose flour

Muffin:

1 1/2 cups all purpose flour, sifted
1/2 cup ground flax
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 salt
1/2 cup sugar
1 tbsp canola oil
1 cup skim milk
1 tbsp lemon juice
1 egg
1 tsp vanilla
3/4 cup blueberries

Preheat oven to 350 degrees F.

Topping:

- * Combine quick oats, brown sugar, pecans, cinnamon and flour.
- * Add melted butter/margarine; mix together

Muffins:

- * Combine dry ingredients, mix well.
- * In a separate bowl, whisk together canola oil and egg.
- * Add wet ingredients to egg mixture, whisk until well blended.
- * Add dry ingredients, stir until dry ingredients are thoroughly moistened.
- * Add berries, gently fold into batter, do not over mix.
- * Spray muffin tins with non-stick vegetable spray.
- * Fill each muffin cup with 1/4 cup of batter.
- * Bake for 20 minutes or until inserted toothpick comes out clean.
- * Remove from oven. Cool on wire rack for 5 minutes. Remove from tin and cool to room temperature.

Yield: 12 muffins

Flax content: 5.8 grams per serving

Enjoy!
Esther Hylden